

# Courier

January 2017 • Issue 6

## FROM THE PRINCIPALS

Marian Humphries, principal & Lorie Belski, assistant principal

We hope everyone enjoyed a restful and joyous holiday. We look forward to a wonderful new year scheduled with many exciting events and learning activities for our students.

In January, we will recognize our VHEC Citizenship Awardees. This is one of the many ways we highlight our students for doing the right thing. Other opportunities include Gotcha Awards, Tech Rep, Student Advisory Committee and Character Keys.

Please join us in congratulating Mrs. Jaggard who was chosen as our VHEC Teacher of the Year. She is an outstanding educator and we are proud of her accomplishments!

We continue to emphasize the importance of reading at school and at home. We know this can make a positive difference in your child's academic progress. Remember time spent reading with your child is an investment in their future!

We appreciate our faculty, staff, PTO and community for their continued support. Teamwork has made the difference as we work to provide a safe, "learner friendly" environment for our children.

You are always welcome to visit our school. We believe parents are an important part of our team. Wishing you a wonderful 2017!

Marian Humphries  
Principal

Lorie Belski  
Assistant Principal



"DO THE RIGHT THING, BECAUSE  
IT'S THE RIGHT THING TO DO!"

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## JANUARY

4 Students Return

9 Report Cards Sent Home

16 MLK Day, NO SCHOOL

19 Citizenship Assembly, 8:45 am

23-27 VHEC Pitch In for Education

## FEBRUARY

3 Character Club, 7:20 am

6 PTO Board Meeting, 9:30 am

13-16 Random Acts of Kindness

17 NO SCHOOL

20 NO SCHOOL

22-24 Teacher Appreciation

25 Dinner & Diamonds, 7-11:00 pm

# FROM THE PTO PRESIDENT

Summer Zulas, PTO President

Happy 2017! I hope you enjoyed a restful and wonderful break with your family and I wish you all the best in the new year! I would like to take this time to thank those that helped make December such a special time at Central.

The Holiday Breakfast for the faculty and staff was a festive and fun event. **Melody Folmar, Ashley Peters**, and their committee, served a delicious breakfast, provided a holiday gift and gave out several door prizes. It was a fun time for all! They did a fabulous job and I know the faculty and staff very much enjoyed this special time!

A big thank you to the students and classes who purchased clothes and toys through the Guardian Angel program. Thank you to the guidance department for organizing this effort for those in need in our community!

The 4<sup>th</sup> grade Holiday Musical was once again a very entertaining show! The students did a wonderful job under the guidance of our fabulous music teacher, **Kate Donaldson**. Many thanks to the parent volunteers who helped her and to **Kiley Watson, Anne Sparks** and **Lani Meek**, our music partner volunteers.

As we begin the second semester, I would like to thank **Evan Wright** who is working hard to capture and organize pictures of the many activities that occur throughout the year at Central. She will be working to put together a yearbook that the students will treasure as they look back at their year at Central.

Thank you again for your support of the PTO and Central! As always, please feel free to contact me if you have any questions or would like to become involved in the PTO (thezucrow@gmail.com).

# COUNSELOR'S CORNER

Kellie Knight and Alla Lewis

We would first like to say a huge "THANK YOU" to those of you who made donations to our Guardian Angel Christmas Assistance Program this year. Through the VHEC Guardian Angel Program, we collected items according to children's wish/need lists. These gift items were given to children right here in our school community. Several classes adopted an "angel" to sponsor. It was such a joy to watch our VHEC students give back to others during the holiday season.

VHEC's Student Advisory Committee will promote and support the annual Vestavia Hills Foundation Penny Drive during the month of January. The Vestavia Hills Foundation has been instrumental in supplying grants each year to all of the local schools in Vestavia. It is an honor for us to raise money to give to this wonderful organization.

A special thank you to all of the families who donated food to the Student Advisory Committee's "VHEC Annual Food for Families Iron Bowl Challenge" canned food drive. We were able to donate many canned goods and non-perishable items to feed families in our community.

We appreciate your support and we love serving your children each day at VHEC! Feel free to contact us if you have any questions or concerns!

*Kellie Knight: knightkn@vestavia.k12.al.us, 402.5306*

*Alla Lewis: lewisar@vestavia.k12.al.us, 402-5306*

**Interested in serving on the VHEC PTO Board for the 2017-2018 school year? Please contact Summer Zulas at thezucrow@gmail.com**

# TECH TALK

Thanks to our Central Games fundraiser and our stellar PTO we were able to purchase a class set of the Google Expeditions Virtual Reality Glasses with devices! Our teachers are going to be able to take their classes on virtual reality field trips to investigate all areas of the curriculum. This includes math, English, science, history, geography, world languages and newer subjects such as engineering.

While there is no substitute for touring a world-famous museum, exploring the Egyptian pyramids or diving into the valves of the human heart, letting students “walk” through a simulated version of these places has unlimited possibilities. Virtual Reality has the power to enhance education for children.





# VESTAVIA HILLS CITY SCHOOLS FOUNDATION



## Schaeffer Eye Center Supports VHCSF

Schaeffer Eye Center creates "Schaeffer Eyes on Education" program to support the Vestavia Hill City School Foundation. For every child from the Vestavia Hills community that has an eye exam at one of their locations, Schaeffer Eye Center will donate \$10, and \$50 for those that begin a specialty treatment plan such as myopia control or vision therapy.

"As with vision, schools are the cornerstone of a child's learning and development," said Dr. Jack Schaeffer, President and CEO of Schaeffer Eye Center. "The 'Schaeffer Eyes in Education' program allows us to fulfill our goals of supporting the community while treating visual issues early ensuring Vestavia Hills children reach their full potential in learning and in life. At the end of 2017, we hope to award a generous donation to the Vestavia Hills School Foundation through this program."

Schaeffer Eye Center, a family-owned and operated optometric practice, provides an array of eye care services for the whole family including comprehensive eye exams, medical testing and treatment, contact lens center, fashion eyewear and laser vision correction. Their specialty pediatric program, led by Dr. Nicholas Onken, pediatric and developmental specialist and father of two in the Vestavia Hills School System, examines the skills that have the largest effect on how a child learns including eye tracking, eye teaming and focusing, and visual perception.

*Dinner &*  
**DIAMONDS**

BENEFITTING  
THE VESTAVIA  
HILLS CITY  
SCHOOLS  
FOUNDATION

FEBRUARY 25  
2017  
7 PM — 11 PM

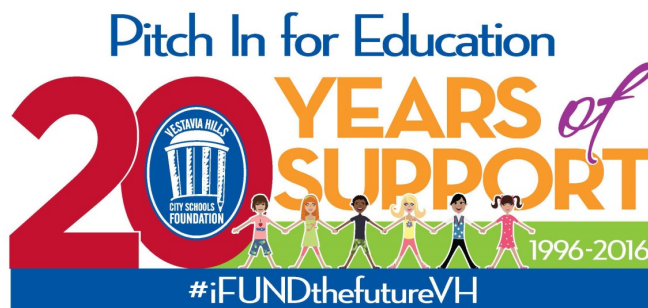
REGIONS FIELD  
1401 FIRST AVENUE SOUTH  
DOWNTOWN BIRMINGHAM

**INCLUDES:** DINNER, MUSIC BY VESTAVIA'S BHP'S,  
SILENT AUCTION AND LIVE AUCTION, COMPLIMENTARY VALET **\$80**  
PER PERSON

VISIT [WWW.VESTAVIAFOUNDATION.ORG](http://WWW.VESTAVIAFOUNDATION.ORG) OR CALL 205-978-8808.

### About Vestavia Hills City Schools Foundation (VHCSF)

The Vestavia Hills City Schools Foundation is a non-profit corporation created to provide ongoing and dependable funding for critical academic "extras" such as professional development, technology, and classroom enhancements. These extras benefit every grade level, every academic subject area and every student in our school system. Making an investment in the Foundation will help to fill in the funding gaps that can make the difference between a good school system and a great one. Your tax-deductible contribution is an investment, which will allow Vestavia Hills to continue to be a leader in public education.



The Vestavia Hills City School Foundation "Pitch In for Education" campaign gives students an opportunity to personally make a difference in their schools. By "Pitching In" loose change or bills, students help grow the Foundation's Education Endowment, which provides a perpetual source of funding for the Vestavia Hills City Schools System.

Our schools are the cornerstone of our community, and we are proud to have one of the best school systems in the country. Giving to the Foundation helps foster and protect our standard of academic excellence. To date, the Foundation has granted over \$784,000 to the Vestavia Hills Schools System for technology, classroom projects and teacher training.

Start Pitching In right away! The class in each school that contributes the most during their Pitch In campaign will win a Bruster's Real Ice Cream Party, and the teacher will win a \$50 classroom grant!

### How Can You Pitch In?

- **Start saving your loose change today!**
- **Fill up your Pitch In cup with pennies, nickels, dimes, quarters and bills.**
- **Take your cup to your classroom each morning and empty it in the Pitch In bucket.**
- **See how many times you can fill up your cup in a week!**

**Parents-** Please use this opportunity to send in your pledge payment or make a new pledge to the Foundation. All payments made during the campaign go towards your child's classroom Pitch In total. Use the pledge card below, or make your pledge through PayPal via our website, [www.vestaviafoundation.org](http://www.vestaviafoundation.org). VHSCF is a 501(c)(3) organization, so your gift is tax deductible.

### **Campaign Dates and School Contacts**

VHEC ~January 23-27, 2017– Alissa Padgett: Alissa\_padgett@yahoo.com  
 VHEW ~January 23-27, 2017– Allison Herr: allisonwhiteherr@hotmail.com  
 VHECH~February 6-10, 2017– LeArden Pike: leardenpike@gmail.com  
 Pizitz~ February 6-10, 2017– Deborah Newsom: deborah3528@att.net  
 LPMS~February 13-17, 2017-Angie Saia: asaia@charter.net  
 VHEE~February 20-24, 2017-Emily Fulton: epfulton@gmail.com  
 VHELP ~March 6-10, 2017– Laura Hubbard: lhubbard2@gmail.com

**If you are interested in contributing to the future of the Vestavia Hills community, contact Elaine Yancey, Executive Director (director@vestaviafoundation.org; 205.978.8808) or submit this pledge card.**

**Yes, I want to invest in the Vestavia Hills City Schools. Please use my gift to BUILD the endowment.**

I/we pledge to be: ☐ Legacy (\$100,000) ☐ Benefactor (\$50,000) ☐ Stakeholder (\$25,000)  
☐ Investor (\$10,000) ☐ Builder (\$5,000) ☐ Supporter (\$2,500)  
☐ Associate (\$1,000) ☐ Friend (\$500) ☐ Other \$ \_\_\_\_\_

I/we would like this gift to be paid at a rate of \$\_\_\_\_\_ per year, for the next \_\_\_\_\_ years.

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

My employer has a charitable matching program: ☐ Yes ☐ No

Please return this card with your donation to: Post Office Box 660483, Vestavia Hills, AL 35266 with a check made payable to VHCSF or Vestavia Hills City Schools Foundation, a 501(c)(3) organization. Gifts are also accepted via PayPal on our website. For more information visit [vestaviafoundation.org](http://vestaviafoundation.org) or contact Elaine Yancey (director@vestaviafoundation.org or 205.978.8808).



## Vestavia Hills Elementary Central Partners in Education

We love our community partners at VHEC! If you would like to be a partner, through donations or in kind services, please contact Cindy Cherry @ [gchg51599@bellsouth.net](mailto:gchg51599@bellsouth.net) to find out the donation needs for this school year. We welcome donations such as prizes for our fundraisers, snacks and drinks for school events, and door prizes for our teacher luncheons.

Following are the wonderful businesses that have donated for this year.

### Platinum Level:

Big Color; Bruster's Ice Cream; Chick Fil A; Dr. Dominique V. Backus, Orthodontist; The Dermatology & Skin Care Center of Birmingham; McDonalds; Moe's BBQ; Petro Facial Plastic Surgery & Medspa; Yanosky Orthodontics

### Gold Level:

Kidz Closet and More; Lowe-Go Sportswear

### Silver Level:

Friedman, Dazzio, Zulas & Bowling, P.C.; SOCA Clothing; Vestavia Hills Soccer Club

### Bronze Level:

The Booker Family; D1 Sports; ellen sheumaker design; Evan Wright Photography + Design; Gifts From A to Zebra; Iron Tribe Fitness; Stephanie Steinmetz Pediatric Dentistry; Tiger Rock Martial Arts; U.S. Tae Kwon Do Academy

## CHARACTER CLUB

The Vestavia Central Character Club meets before school to address the importance of good character. It is lots of fun! More importantly, the students are learning lifelong skills of good citizenship. We hope your child will become a part of this wonderful VHEC tradition! Our next Character Club meeting is **Friday, February 3 at 7:20 a.m.** We look forward to seeing everyone!

Amy Pattillo, [amy.pattillo@gmail.com](mailto:amy.pattillo@gmail.com) and Jamey Vincent, [jameycv@aol.com](mailto:jameycv@aol.com)

## Wednesday Morning Chess

Wednesday Morning Chess is a popular, school-wide enrichment activity at Central! Everyone is welcome! If you are new to the game of chess, we will match you up with a student that can help you learn the basics along with some cool moves to get started.

**When:** Wednesday mornings at 7:25 a.m.

**Where:** Media Center

**What to bring:** Chess set and board

**Why:** Because Chess Rules at Central!

We hope to see you there!!!

Mrs. Whiddon ([whiddonam@vestavia.k12.al.us](mailto:whiddonam@vestavia.k12.al.us))  
Mrs. Coxwell ([coxwellmh@vestavia.k12.al.us](mailto:coxwellmh@vestavia.k12.al.us))



# January 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Break	3 No students	4 Mini or Regular French Toast  Chicken Fingers Loaded Mashed Potatoes Steamed Squash Green Peas Rolls <b>Fruit Crisp</b>	5 Bacon Egg & Cheese Croissant  Crispitos Chicken Tortilla Soup Spanish Rice Refried Beans Steamed Corn	6 Pancake Covered Sausage Bites  Cheese Pizza Pep Pizza Green Beans Baked Tomato Oregano Veggies w/ Hummus
9 Scrambled Eggs, Sausage & Grits  Pork Chops Cheeseburger Scalloped Potatoes Steamed Broccoli Salad Cornbread	10 Cinnamon Roll w/ Parfait  Spaghetti Breaded Chicken Sandwich Green Beans Seasoned New Potatoes Caesar Salad	11 Sausage Egg & Cheese Biscuit  Scrambled Eggs Sausage Patties Brown Sugar Peaches Grape Tomato Cup Pancakes <b>NATIONAL MILK DAY</b>	12 Breakfast Pizza  BBQ Baked Chicken Hotdog Baked Beans Baked Fries Coleslaw Roll	13 Homemade Choc Chip Muffins  Tacos w/ Fixings Chicken Fajitas Spanish Rice Black Beans w/ Fire Roasted Corn Pico De Gallo <b>Mexican Wedding Cookies</b>
16 NO SCHOOL 	17 Waffle Sticks w/ Sausage  Chicken Poppers Steamed Broccoli Baby Bakers Veggies w/ Dip	18 Fruit Frudel  Beef Tips Breaded Chicken Sandwich Rice w/ Gravy Spinach Supreme Carrot Soufflé Tossed Salad <b>Banana Pudding</b>	19 Smoked Sausage Biscuit  Baked Chicken Cheeseburgers Baked Potato Half Black-eyed Peas Green Beans Tossed Salad Roll	20 Fruit Parfait w/ Granola  Cheese Pizza Tomato Basil Soup w Grilled Cheese California Veggies Broccoli Parmesan Veggies w/ Hummus <b>CHEESE LOVERS DAY</b>
23 Homemade Banana Bread  Crispitos Chicken Fajitas Steamed Corn Cilantro Lime Rice Refried Beans	24 Pancake Covered Sausage Bites  Scrambled Eggs Sausage Patties Cinnamon Apples Grape Tomato Cup Biscuits <b>NATIONAL COMPLIMENT DAY</b>	25 Donuts  Chicken Fingers Mashed Potatoes w/ Gravy Green Peas Squash Casserole Tossed Salad Rolls	26 Ham Egg & Cheese Croissant  Chili w/ Grilled Cheese Hotdog Steamed Broccoli Baked Potato Half	27 Biscuits w/ Sausage Gravy  Lasagna Roll Italian Dunks w/ Marinara Seasoned New Potatoes Italian Veggies Spinach Salad <b>Chocolate Cake</b>
30 Mini or Regular French Toast  BBQ Chicken Sandwich Corndog Baked Beans Baked Fries Marinated Coleslaw	31 Egg & Cheese Bagel  Tacos w/ Fixings Chicken Tortilla Soup Spanish Rice Black Bean & Fire Roasted Corn Pico De Gallo	1 Cinnamon Roll w/ Smoothie –Parfait  Pep Pizza Cheese Pizza Baby Bakers Mediterranean Veggies Veggies w/ Hummus	2 Egg, Cheese & Bacon Breakfast Bake  Hamburger Steak Breaded Chicken Sandwich Black-eyed Peas Mac & Cheese Collard Greens Cornbread	3 Big Waffles w/ Ham  Fish Sandwich Chicken Poppers Onion Rings Sweet Potato Sweetlings Tossed Salad <b>Carrot Cake</b>

VHEC is happy to offer breakfast. It will be served between 7:15 and 7:45 in our dining hall.

Also, we invite you to join your child for lunch. You will find VHEC provides tasty and healthy meals. Fast food is not allowed in our dining hall. If you are having lunch with your child and bring fast food, please eat outside at our picnic area.

## VHEC Bumper Stickers

Available in the Office

Cost is \$3



Central Courier is published monthly for students, parents and faculty of Vestavia Hills Elementary Central. Editor: Tara Thomas, [vhecnewsletter@gmail.com](mailto:vhecnewsletter@gmail.com)

Vestavia Hills City Schools (VHCS) does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the non-discrimination policies: Debbie Hargrave, Section 504/Title IX coordinator, at 1204 Montgomery Highway, 205-402-5100. For further information on notice of non-discrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves your area, or call 800-421-3481.